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GO MEDITERRANEAN WITH AN EASY RECIPE. PAGE 21

metro

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Monday, December 8, 2014 www.metro.us | t: MetroPhilly | f: MetroPhilly

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A little less love

Bill Cosby. The Philadelphia-born comedian is losing his local luster amid allegations of sexual harassment and assault.

PAGE 02

A mural featuring an image of comedian Bill Cosby, at the Gallery. / CHARLES MOSTOLLER, METRO

Drexel lab creates new battery from clay

PAGE 04

Extreme hangover? Get relief – in a needle

PAGE 21

Easy ways to deal with loud office mates

PAGE 24

Eagles can't solve Wilson, Seahawks

PAGE 26

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1 NEWS

Top 3

The best of Metro.us

1 'Heidi Mueller silent on Twitter after DeMarco Murray cheating rumors'

2 'Who is Robert Covington and why is he so good for the 76ers?'

3 'Could UFC be starting a WWE-like pro wrestling division with CM Punk on board?'

On the go

Want to read Metro on your mobile device? Get the app! All you have to do is search for Metro US in the App Store or Google Play to get all the latest in news, sports, lifestyle and entertainment for free.

Cosby getting less love from Philadelphians

Native son. Bill Cosby's hometown star is dimming as allegations of sexual abuse dog his legacy.

Bill Cosby's portrait at the Gallery. / CHARLES MOSTOLLER/METRO

Bill Cosby calls Janny Blackwell "Richard Allen."

"Because I was born in Richard Allen projects," said Blackwell, a four-term city councilwoman who grew up at 11th and Poplar streets, "and he's from there, although he's older. But whenever he sees me, if I say Richard Allen, he knows it's me."

Last week, Blackwell said she watched some "Cosby Show" reruns, because she doesn't know how long they'll remain on TV in light of recent allegations that the comedian and actor sexually abused more than 20 women.

"It's very sad," Blackwell said of the allegations, "I only know good things about him."

Cosby's star has been slipping as the outrage against his alleged misconduct — some stretching back four decades — continues, and Philadelphia's faith in their hometown comic is slipping too.

Last week Cosby resigned as a trustee of Temple University. In the past week, Cosby's star on the Hollywood Walk of Fame was defaced, and the Navy stripped him of the honorary title of Chief Petty Officer.

City Councilman Jim Kenney, a lifelong South Philadelphian who has served on council since 1992, said the number of allegations against Cosby has shaken his faith in the comedian, and compared Cosby's descent to that of former Penn State football coach Joe Paterno.

"JoePa could have stopped it, and he didn't," Kenney said. Does it change Cosby's legacy in Philadelphia?

"Yeah," he said. "I think so. Unfortunately, yes."

At the center of the Gallery, hung on a pole along with other key figures in the city's history, is a portrait of Cosby. James Britt, of Mount Airy, said he's not so sure the portrait should come down just yet.

"What took so long for them to come forward?" he said of Cosby's accusers. "I like Bill Cosby; he's a good guy. Let's see what happens."

Gallery officials did not return a call requesting comment.

"It shouldn't tarnish Temple's reputation because he did that," said Temple grad Meghan Shortt. "People do bad things all the time. I don't think it should have an effect on where they're from or who they're affiliated with. Everybody should be judged individually."

Would she welcome Bill Cosby into her home?

"I probably would," she said, "and I would probably grill him about it."

"It's just weird that they're all coming forward now," she said. "And it's like one person did it, so now everyone is going to jump on. I would like to see them investigate it more and figure out the truth before everyone is freaking out about it."

TOMMY ROWAN
@tommyrowan
tommy.rowan@metro.us

Quoted

"I've only seen him stand up for what he believed in with youngsters and I've only seen him do good things."

Janny Blackwell

Quoted

"I would like to see them investigate it more and figure out the truth before everyone is freaking out about it."

Meghan Shortt

Beanie Sigel. Rapper in critical condition

Rapper Beanie Sigel remained in critical condition Sunday two days after he was shot outside his home in Pleasantville, New Jersey, Friday morning, reports said.

Sigel, 40, was shot in the stomach by an unknown man just as he arrived home from dropping off his children at school, according to NBC10. Police said an argument outside the home may have preceded the shooting. No arrests have been made.

He underwent emergency surgery at an Atlantic City Hospital and remains sedated, according to the news outlet.

Sigel was released from prison in August. He served two years for tax evasion. METRO

Justice

Nutter, Ramsey talk about police on national TV

Mayor Michael Nutter and Police Commissioner Charles Ramsey said on "Meet the Press" on Sunday that mistrust of the police has become a national epidemic.

"It's very troubling that people don't believe there's fairness in the way in which we police, the way in which cases are reviewed by prosecutors," Ramsey said, "and we've got to change that dynamic."

Ramsey was recently tapped to lead President Barack Obama's task force on 21st century policing.

"You, in essence, have the citizens who want to be protected who are now increasingly afraid of the police, and you have some police officers who are increasingly afraid of the community," said Nutter.

Michael Nutter / FILE PHOTO

TOMMY ROWAN

The STEADi (Study To Evaluate an Adolescent Depression Investigational drug) clinical research study is being done to find out if an investigational drug is safe and if and how well it works for adolescents who have major depressive disorder (MDD). The study will last for about 10 weeks and there will be about 9 study visits. Study participation is voluntary.

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Feat of clay: Drexel lab develops power mud

Science. A clay compound made in Philly could take the place of rechargeable batteries.

Could the next generation of smartphones be powered by mud?

Michael Ghidiu, a doctoral student at Drexel's College of Engineering, was working with two material scientists when he stumbled upon a malleable clay that could become a safer, faster and flexible power source.

The clay, which may take 20 to 30 years to reach production, he said, could be used as a small super battery to store energy for electronic devices.

The material, conductive like metal, could potentially hold a longer charge and recharge quickly. And with its unique form, which becomes malleable when water is added, the material could be manipulated to fit different spaces.

"Clay was mankind's first material," said Professor Michel Barsoum. "It left such an indelible impression on humanity that it starts the Bible and how God made people. … we take it for granted, but it's this mud that when you put water on it you can shape it, and it holds its shape and you can dry it and if you don't like it put water again and reshape it.

"Now, this is the first time in the history of mankind that you have a conductive clay," he said. "That's the difference."

Barsoum and Yury Gogotsi invented a family of these conductive materials about five years ago, but couldn't create it without using dangerous acids. It was Ghidiu who found less lethal materials that could do the job safer and more effectively.

Scientists Yury Gogotsi, Maria Lukatskaya, Michael Ghidiu and Michel Barsoum of Drexel University developed the clay, shown below. CHARLES MOSTOLLER/METRO

Barsoum said they are speaking with major corporations about commercializing their discovery.

"Scaling it up to make two tons a day, there are so many pitfalls," he said.

TOMMY ROWAN
@tommyrowan
tommy.rowan@metro.us

Opinion. Commission defending human rights every day

Has the U.S. finally overcome the inequalities of history? We don't think so, and recent headlines show why civil rights advocacy is needed in Philadelphia today.

Nationally, people are questioning approaches to and applicability of justice as officer-involved shootings have left a trail of unarmed black men dead in their wake. Locally, we've seen ugliness personified in a vicious attack on a gay couple.

Anti-Semitism struck Temple University's campus.

Despite this darkness, the Philadelphia Human Rights Commission remains a refuge, where incidents can be and are investigated, evidence-based hearings held and, when proven, fines and punishments levied.

Yes, it's sad that in 2014 Pennsylvania still doesn't have a comprehensive hate crimes law that also would protect LGBT people and those with physical or intellectual disabilities from discrimination.

But Philadelphia does, and it covers everyone who lives, works or visits here. Those protections are codified in the city's Fair Practices Ordinance. We enforce that, fully and daily.

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Rue Landau is executive director of the Philadelphia Commission on Human Relations. Visit www.phila.gov/humanrelations for more information.

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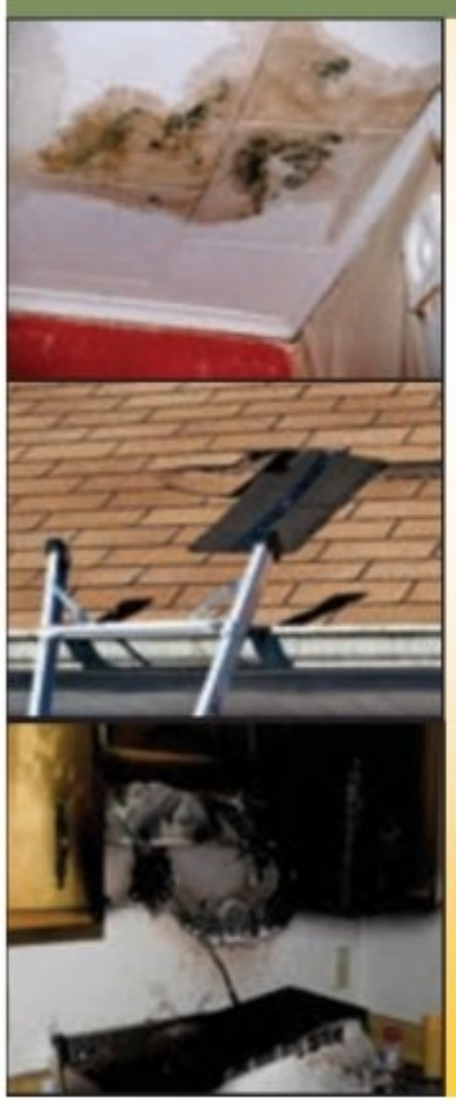
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- ☐ Leg cramps, especially at night
- ☐ Non-healing wounds in ankle areas
- ☐ Spider veins on legs and/or ankles
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- ☐ Parents or grandparents with varicose veins
- ☐ Restless legs

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Inclement weather

Nor'easter heading Philly's way

Philadelphians could be in a for a weatherbeaten week, as a Nor'easter descends on the area beginning Monday evening and continuing into Thursday.

Forecasters say the week will start with rain Monday night and extend overnight into Tuesday with a chance of flooding on Tuesday morning.

"As it pulls toward New England, colder air will wrap around the backside of the system," said meteorologist Jared Klein of the National Weather Service.

That could result in the rain mixing with or changing into snow by Tuesday night into Wednesday morning.

Current forecasts predict high accumulations outside the city, but the NWS is predicting a 25 percent chance of an inch of snow.

Temperatures are expected to drop into the 30s, and bus and rail service could be affected.

TOMMY ROWAN

Winter weather heading our way. / FILE PHOTO

City Paper's front page promises to give readers the 411 on city restaurants. / CITY PAPER

Philly food violations now in database

Dining. Database helps unlock the food safety records of Philly eateries.

City Paper has created a searchable database of Philly's eat-in restaurants. The CP evaluations are based on some 56,000 reports by the city's Health Department, detailing sanitary conditions in restaurants between 2009 and 2014.

Other cities, such as New York and Los Angeles, help restaurant customers by giving food safety letter grades to each eatery.

Palak Raval-Nelson, the Health Department official who oversees food-safety inspections, said the city has no intention of awarding grades to restaurants. She said the department prefers to work with restaurants to meet food-safety guidelines.

An inspection "is very meticulous," says Andres Marin, a professor of culinary arts at the Community College of Philadelphia, who served as a consultant for this project. "They'll hit you on low pH levels. They'll hit you on the wrong signage. There are too many regulations and there will always be violations."

Richard Landau, a chef and owner of Vedge restaurant, said the regulations are "Food Safety 101" that all chefs should know by heart.

"This is food," Landau said. "I'm trusting someone to cook my food. How could they not keep their kitchens clean? It's part of the job."

To search the database for City Paper's evaluation of average food-safety performance in 3,800 restaurants over five years, go to CityPaper.net. CITY PAPER

By the numbers

3,894
restaurants rated

27
Industry average: 27 points

77%
scored at or above average

23%
scored below average

NOTICE OF PUBLIC HEARING AND PUBLIC COMMENT PERIOD
PHILADELPHIA HOUSING AUTHORITY

The Philadelphia Housing Authority (PHA) is a participant in the Moving to Work Demonstration Program (MTW). PHA was initially selected to participate in the MTW Program in 2001. In October 2008, PHA entered into an Amended and Restated Moving to Work Agreement (MTW Agreement) with the U.S. Department of Housing and Urban Development (HUD), which has subsequently been further amended.

The MTW Agreement defines the terms and conditions under which PHA is a participant in the MTW Program. The MTW Agreement requires that PHA submit an MTW Annual Plan for HUD review and approval. PHA is seeking public review and comments on the proposed FY 2016 MTW Annual Plan. The Annual Plan describes PHA's MTW proposed policy initiatives and activities for the period from April 1, 2015 to March 31, 2016. PHA is also soliciting public comments on its Strategic Directions Plan which identifies strategic goals and initiatives for the five year period beginning in 2015.

Additional information regarding the proposed Annual Plan and Strategic Directions Plan are available for public review on PHA's website at **www.pha.phila.gov** under the "Latest News" section or may be picked up at the following locations:

Scattered Sites Management Offices:
4445 Holden Street
2500 Jackson Street
3226 McMichael Street
2411 N. 11th Street
715 Brandywine Street

Public Housing Management Offices:
Bartram - 5404 Gibson Drive
Wilson Park - 2500 Jackson Street
Raymond Rosen - 2301 W. Edgley Street
Blumberg - 2311 W. Jefferson Street

Housing Choice Voucher Program Office:
2850 Germantown Avenue 1st Floor

PHA residents, Housing Choice Voucher participants, and the general public may attend and provide comments at the Public Hearing and/or submit written comments on these proposed actions any time during the comment period.

The Public Hearing is scheduled for December 1, 2014, from 3 p.m. until 5 p.m. at the John F. Street Center, 1100 Poplar Street, Philadelphia, PA 19123, Multipurpose Room

Only comments pertaining to the proposed actions noted above are being solicited. The comment period begins on November 17, 2014 at noon and ends December 17, 2014 at noon. All comments must be received by the end of the comment period. **Please send your written comments to: Philadelphia Housing Authority, Office of Policy, Research and Enterprise Planning, Attention: MTW Comments / Strategic Directions Plan, 12 S. 23rd Street, Philadelphia, PA 19103**

The Public Hearing is being held in an accessible location. If you require assistance, sign language interpreter, or other accommodations, please call 215-684-4000. Please use the AT&T Relay Service for TTY.

Philadelphia Housing Authority

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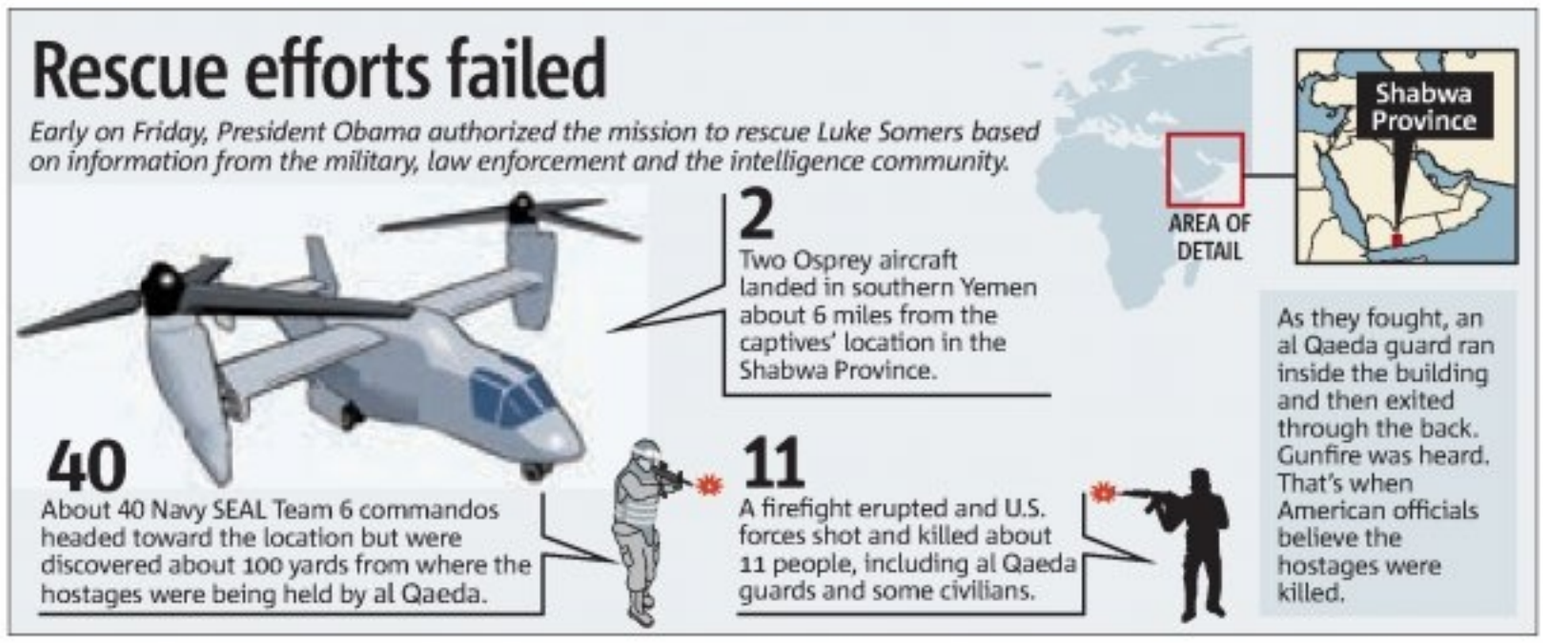
At least 13 killed in failed bid to rescue US hostage

More held. At least two more hostages are being held by the group.


Rescue efforts failed
Early on Friday, President Obama authorized the mission to rescue Luke Somers based on information from the military, law enforcement and the intelligence community.
2
Two Osprey aircraft landed in southern Yemen about 6 miles from the captives' location in the Shabwa Province.
40
About 40 Navy SEAL Team 6 commandos headed toward the location but were discovered about 100 yards from where the hostages were being held by al Qaeda.
11
A firefight erupted and U.S. forces shot and killed about 11 people, including al Qaeda guards and some civilians.
AREA OF DETAIL
Shabwa Province
As they fought, an al Qaeda guard ran inside the building and then exited through the back. Gunfire was heard. That's when American officials believe the hostages were killed.

A woman, a 10-year-old boy and a local al Qaeda leader were among at least 11 people killed alongside two Western hostages when U.S.-led forces fought Islamist militants in a failed rescue mission in Yemen, residents said on Sunday.

U.S. special forces raided the village of Dafaar in Shabwa province, a militant stronghold in southern Yemen, shortly after midnight on Saturday, killing several members of al Qaeda in the Arabian Peninsula (AQAP).

American journalist Luke Somers and South African teacher Pierre Korkie were shot and killed by their captors during the raid intended to free them.

AQAP, formed in 2006 by the merger of the Yemeni and Saudi branches of the network, has for years been seen by Washington as one of the movement's most dangerous branches.

Western governments fear advances by Shi'ite Muslim Houthi fighters with links to Iran have bolstered support among Yemeni Sunnis for AQAP, which has established itself in parts of south and east Yemen.

South Africa does not want to assign blame for Korkie's death, government spokesman Nelson Kgwete said on local television, when asked if Pretoria blamed the United States.

Korkie's wife, Yolande, who was released in January after being held with her husband, spoke of forgiveness. BLOOMBERG

Quoted

"We choose to rejoice in the memories of Pierre and keep him alive in our hearts."

Korkie's wife said in a statement

Terror groups

AQAP and ISIS may have operational connections

Since Islamic State (ISIS) in Syria and Iraq began distributing films of its militants beheading Western hostages, the focus on Al Qaeda in the Arabian Peninsula (AQAP), which has traditionally used hostage taking as a way to raise funds, had diminished until now.

The Yemen-based group, loyal to the wider al Qaeda organization founded by the late Osama bin Laden, has denounced ISIS, but Western and Gulf sources say there may be operational connections between both.

"AQAP and Daesh [Islamic State] are essentially the same organization but have different methods of execution and tactics," said a senior Yemeni intelligence official. BLOOMBERG

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Poll shows race relations worse since Obama took office in 2009

First black president. In the six years since his election, Obama has addressed race just a handful of times.

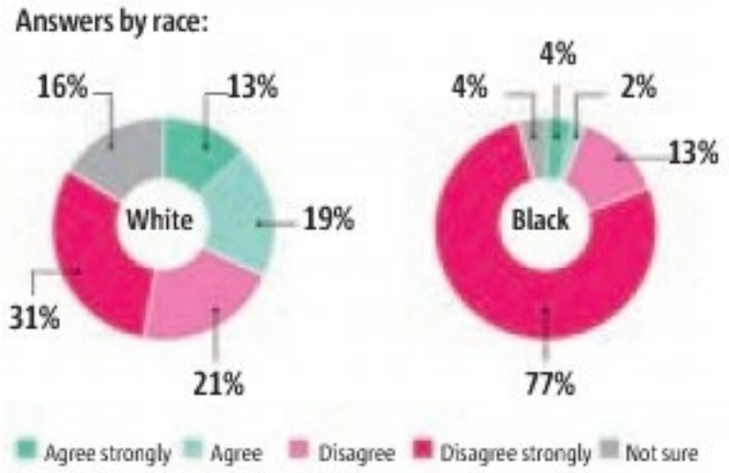
President Barack Obama had hoped his historic election would ease race relations, yet a majority of Americans — 53 percent — say the interactions between white and black communities have deteriorated since he took office, according to a new Bloomberg Politics poll.

Those divisions are laid bare in the split reactions to the decisions by two grand juries not to indict white police officers who killed unarmed black men in Ferguson, Missouri, and Staten Island.

NYC's grand jury decision

A grand jury in New York City decided not to bring criminal charges against a white police officer in the chokehold death of an unarmed black man last summer. The man was being arrested for selling cigarettes illegally and began arguing with police. Do you agree or disagree with that decision?

Answers by race:



Source: Bloomberg Politics poll

Both times, protesters responded with outrage and politicians called for federal investigations. Yet Americans don't think of the cases as a matched set of injustices, the poll found. A majority agreed with the Ferguson decision, while most objected to the conclusion in the Staten Island death, which was captured on video.

The divergent opinions — 52 percent agreed on Ferguson compared with 25 percent who approved of the Staten Island outcome — add to an ongoing discussion that was inflamed when Officer Daniel Pantaleo was seen in the July video putting what appeared to be a chokehold on Eric Garner, a 43-year-old man suspected of selling untaxed cigarettes.

Garner could be heard saying, "I can't breathe," and died of a heart attack in what a medical examiner ruled a homicide.

BLOOMBERG

PRESIDENT BARACK OBAMA GETTY IMAGES

Days

12

The grand jury decision not to charge Pantaleo came just 12 days after a similar panel in Ferguson declined to charge Officer Darren Wilson, who in August shot to death 18-year-old Michael Brown. That altercation was not captured on video, and the prosecutor presented evidence of a physical confrontation between the two men before the fatal shots were fired.

Patience

Obama says racism won't be solved overnight

Two words sum up President Obama's advice about mending the distrust between black communities and law enforcement: patience and persistence.

In a television interview with BET News, his first one-on-one interview since nationwide protests followed a grand jury decision not to indict the New York police officer who killed Eric Garner, Obama said the racial tension will not be "solved overnight," and he urged Americans to remember that some progress that has been made.

"This is something that is deeply rooted in our society, it's deeply rooted in our history," he said in a preview of the interview with BET's Jeff Johnson.

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London

Intact Stegosaurus unveiled to public

Meet Sophie, the world's most complete Stegosaurus fossil, unveiled at London's Natural History Museum. With 85 percent of her skeleton intact, she is the most complete specimen of the dinosaur famous for the plates along its back and the four spear-like horns on the end of its tail. MWN

Sophie facts

- When and where: Alive 150 million years ago, fossilized bones were found in 2003 at Red Canyon Ranch in Wyoming.
- Dimensions: 18 feet long and 9.5 feet tall (relatively small compared with the largest of the species at 29.5 feet)

Bones

360

About 360 individual bones make up the remains of Sophie, including 19 bony back plates. Many of the fossilized remains have already been laser-scanned and imaged with CT (computed tomography) X-rays to create "virtual" models that can be studied within computer simulations.

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Five ex-Madoff aides face up to 20 years in prison

Aides. All five were convicted on all counts, including conspiracy and fraud charges, by a federal jury in March.

Five former employees of Bernard Madoff, convicted in March of helping him bilk investors of billions of dollars in his massive Ponzi scheme, will be sentenced this week, with prosecutors seeking prison terms of up to 20 years.

Like the six-month trial, the sentencings will take time, stretching out over a week in four separate hearings.

The sentencings have been delayed for months, as defense lawyers fought the government's demand that the three men and two women should be ordered to pay billions of dollars in forfeiture they say they don't have.

Annette Bongiorno, who served as an executive assistant for Madoff Investment Securities, leaves federal court after being found guilty of charges of aiding, assisting and profiting from the Ponzi scheme run by Bernard Madoff. / GETTY IMAGES

Convicted

15

Fifteen people have been convicted in connection with the fraud, estimated to have cost investors more than $17 billion in principal.

First up on Monday is former back office director Daniel Bonaventure, followed in the coming days by portfolio manager Annette Bongiorno, computer programmers Jerome O'Hara and George Perez and portfolio manager Joann Crupi.

Prosecutors said they knowingly propped up Madoff's fraud by creating fake documents and backdating trades.

The government has requested more than 20 years for Bonaventure and Bongiorno, more than 14 for Crupi and more than eight for O'Hara and Perez.

Defense lawyers have asked U.S. District Judge Laura Taylor Swain to show leniency. At trial, they argued that Madoff duped their clients into believing his investment advisory business was legitimate.

Attorneys for Bongiorno are seeking eight to 10 years, while lawyers for Bonaventure, Perez and O'Hara asked for home confinement or brief imprisonment. Crupi's lawyers have also asked for a shorter sentence than the government requested. REUTERS

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Arrested. Uber cab driver in India suspected of raping passenger

Indian police on Sunday arrested an Uber cab driver suspected of raping a female passenger and said they would take legal action against the U.S. online taxi service for failing to run background checks on him.

The suspect was held in his home town in Uttar Pradesh, where his car was earlier found abandoned. He will be brought before a New Delhi court on Monday, said Madhur Verma, deputy commissioner with the Delhi police.

Police opened a rape investigation after the 26-year-old woman reported that she had been sexually assaulted and beaten after hailing a ride home with the Uber driver from a social event late Friday in South Delhi.

Verma said the police would take legal action against Uber for violations including a failure to check whether the driver, named as Shiv Kumar Yadav, had a clean police record and the lack of a satellite location device in his car.

Uber has faced critical news coverage over its driver screening in the United States, and has apologized for comments by an executive who suggested "digging up dirt" on journalists investigating the firm.

That has not stopped the San Francisco-based firm from raising investment that values it at $40 billion, reflecting the perceived potential of its expansion into high-growth markets like India.

REUTERS

Uber said in a statement that it had suspended the driver following the allegations and have provided the authorities with "all relevant details," such as driver, vehicle and trip information. / GETTY IMAGES

Quoted

"Every violation by Uber will be evaluated and we will go for legal recourse."

Verma, saying police would take legal advice before opting to press a criminal or civil case.

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Kirk Cameron needs a Christmas miracle

GETTY IMAGES

Former "Growing Pains" star and outspoken evangelical Christian Kirk Cameron learned the hard way that the Internet is basically like quicksand: the more you struggle, the worse it gets. Last month Cameron balked at the abysmal score for his new film, "Saving Christmas," on review aggregator Rotten Tomatoes, so he called his fans to action to improve the score by flooding the site with good reviews.

What happened instead? Cameron instead encouraged online pranksters to go to town, pushing the film to the No. 1 stop on IMDb's 100 Worst Movies list, determined by user ratings. Unless he can encourage his fans to start voting down "Birdemic" so its ranking dips below the 1.5 stars "Saving Christmas" currently has, it's an honor he'll hold on to.

Mark Wahlberg tries to erase his criminal past

When Mark Wahlberg was 16 years old — before he became Marky Mark and, I'm assuming, hooked up with the Funky Bunch — he was a bit of a bad seed. So bad, in fact, that he was convicted of assault and tried as an adult, serving 45 days in prison. Well, now he'd like all that wiped off his record, according to a petition he's submitted.

Those actions, by the way, involve assaulting a man while attempting to steal beer outside a store and then punching another man in the face. My question is: Where was Donnie Wahlberg?

GETTY IMAGES

3

Network tries to put '7th Heaven' reruns back onto the schedule

In October, following revelations that "7th Heaven" star Stephen Collins had allegedly confessed to molesting young girls, the family drama was understandably pulled from cable network UP TV's schedule. Well, last month they tried to quietly slip them back in. That didn't go well with viewers, and now they're removing it again. That was fast.

4

Jessica Simpson loves herself some carpeting

INSTAGRAM, JESSICA SIMPSON

Instagram is a great venue for making personal confessions or proclamations of love, or just releasing news. And it looks like Jessica Simpson decided to do all three in one very simple photo of her sprawled on the floor, stating quite bravely, "I love carpet." No links, no hashtags, nothing to muddy the message. So, there you have it.

Daily video

YOUTUBE, THE GRAHAM NORTON SHOW

Watch Harry Styles and Sir Ian McKellen cuddle

One Direction and "The Hobbit" star Sir Ian McKellen both stopped by "The Graham Norton Show" to basically start a mutual appreciation society. After McKellen recounts the time the boys failed to turn up for a visit to the film series' location of New Zealand, he and Harry Styles get down to expressing their true feelings for one another. "You're amazing," Styles says, to which McKellen coyly replies, "So are you." And then there's some cuddling and it's adorable.

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Besties with Gillian Jacobs

Interview. The actress talks about her new film "Life Partners" and about being a young Shakespeare nerd.

Leighton Meester and Gillian Jacobs play best friends who may be drifting apart due to serious romantic relationships in "Life Partners," now streaming on VOD. / MAGNOLIA PICTURES

Gillian Jacobs is happy "Life Partners" exists, as it's a rare breed: a comedy about women, written by women, directed by a woman and produced by women. "I guess that doesn't happen as often as I would like," Jacobs tells us. The film stars her and Leighton Meester as friends so close they're borderline codependent. When Jacobs' character happens into a serious relationship, it threatens to capsize their friendship.

This is a comedy but one that takes seriously its characters' issues.
There are a lot of aspects of this script that reminded me of myself and my own life and my own friendships. Sometimes the not-so-awesome parts of my personality were reflected in my character. [Laughs] I was like, "Yep, recognize that!" When I read the fight with Adam [Brody's character, who plays her boyfriend], where I show this need to win arguments — no one needed to explain that scene to me. I think the part is the one that's the closest to me that I've ever done.

You do a lot of comedy these days, but you didn't start out in it. You did a lot of dramas.
That was my background. Up until "Community," it was all very serious things. I never did comedy. I'd love to do something like that again. I did a one-day Shakespeare benefit in L.A. It really brought out the Shakespeare nerd of me from childhood.

What was it?
We did an abridged version of "As You Like It." I did Rosalind. I think it's the largest female role in Shakespeare, but you might want to Google that. [Ed. Cleopatra, from "Antony and Cleopatra," has the most lines, with 686, to Rosalind's 677. But Rosalind has the highest percentage in a play, with 25 percent of the lines in "As You Like It."] I was in it as a kid, so I had it all memorized, from back when I was 12. I could do the whole play myself. I would sit backstage and mouth along to the dialogue. When you're 12 your brain is like a sponge; you can retain so much. I just learned the whole play.

You need to start putting it out there in interviews that you're dying to do more Shakespeare. Maybe Kenneth Branagh will notice.
Is that how it works? If that's how Hollywood works, that would be awesome. I would just write blog posts all day about the parts I want to play.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Being Britta

Token 'Community' question

Do you have any sense yet how the next season will be different, not only being on Yahoo but without Yvette Nicole Brown?
They don't tell us anything, so I have no clue. I haven't seen a single script or heard anything. The nature of the show is very fluid, so even though we'll miss Yvette dearly — and we miss Donald [Glover] dearly — I think the steady group will continue. We'll feel their absences, but I don't think it will change the dynamic of the show. But that's me speaking without having seen the script, so it could change the dynamic completely, and I could be totally wrong!

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Matt Prigge's guide to what you can watch on the Internet.

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'The Immigrant'

Netflix Instant

The Weinstein Company is marshaling all its forces to get an Oscar nod for Jessica Chastain in "The Disappearance of Eleanor Rigby." Chastain deserves it — but so does someone from another Weinstein release: Marion Cotillard in "The Immigrant." Dumped into theaters in the spring, it finds Cotillard's Polish immigrant making a go of it in 1920s New York, which proves particularly hard after she winds up in the clutches of a pimp (Joaquin Phoenix).

In more ways than one, "The Immigrant" is a film out of time — a retro melodrama from retro stylist James Gray ("We Own the Night," "Two Lovers"). Filmed (on film) in smoky ochre tones, it dedicates a fair chunk of its length to that old standby: the close-up. Cotillard doesn't speak much, but the camera gets in close, studying a performance done largely with minute facial expressions. Cotillard may wind up with an Oscar nom for another film: the Belgian drama "Two Days, One Night." But if "The Immigrant" winds up with no trophies, it at least deserves more eyes.

Despite boasting rich work from movie stars like Joaquin Phoenix and Marion Cotillard (plus Jeremy Renner), "The Immigrant" wasn't treated very well. / THE WEINSTEIN COMPANY

Netflix Instant

'Manakamana'

This either sounds amazing or brutal: A two-hour experimental documentary that stares at various people riding a cable car going to and from a Nepalese mountain temple. There's no context, minimal talking and sometimes they're not people but goats. It's a film ripe for meditation, as well as primo people-watching.

Netflix Instant

'Anchorman 2: The Legend Continues' (Super-Sized Version)

With the second Ron Burgundy romp, you can now get the original cut or the 23-minute-longer one that promises 763 more jokes. Still, if Will Ferrell and Adam McKay are doing sequels, they should get cracking on "Step Brothers 2."

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Box office. The third 'Hunger Games' wins again because there's nothing else to see

There are a ton of major releases scheduled for December, but not one of them were queued for the month's first weekend. Actually, that's not true: There was "The Pyramid," a horror thing Sony kept close to the vest, hiding it from critics, then releasing it in only 589 theaters. Sony was rewarded with a bounty of $1.3 million and the ninth spot on the charts.

The lack of newbies would seem to work in favor of other recent releases, but no one was much interested in them either. The top spot went, again, inevitably, to the third "Hunger Games" romp, "Mockingjay — Part 1." But Katniss and company only netted $21.6 million in its third weekend, down 62 percent from last week. Its North American total now stands at $257 million, which is mostly impressive given that this installment of the franchise is the one with almost no action.

Alas, Woody Harrelson is barely in the third "Hunger Games" movie. / MURRAY CLOSE

Even the big Thanksgiving releases are only turning modest profits. Second place went to "Penguins of Madagascar," which wrangled $11.1 million to add to its $49.5 million total. To put that in perspective, the Madagascar franchise's previous film, 2012's "Madagascar 3: Europe's Most Wanted," made $60.3 million in its opening weekend alone.

Also lagging behind its predecessor, "Horrible Bosses 2" has made $36 million in two weeks — nearly half that of the 2011 original.

In fact, the overall top 20 movies only grossed $75 million, the year's second-worst tally, after the dreaded first weekend of September, when the only new wide-release was the Christian-themed, not-quite-Elvis monstrosity "The Imitation," and everyone was sad. There's still a "Hobbit" entry, "Annie" plus a slew of Christmas Day releases to come, but this weekend's bloodbath has been a reminder that maybe Hollywood should make some movies sometime. MATT PRIGGE

Top 5 earners

1. 'The Hunger Games: Mockingjay — Part 1' $21.6 million
2. 'Penguins of Madagascar' $11.1 million
3. 'Horrible Bosses 2' $8.6 million
4. 'Big Hero 6' $8.1 million
5. 'Interstellar' $8 million

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A brief history of movie spinoffs

There have already been two spinoffs of major film franchises this year: the happily loopy "Penguins of Madagascar" and the highly profitable "Annabelle." There are more to come, including a prequel for the "Despicable Me" Minions. But spinoffs are nothing new. Here are other times execs tried to bleed product until it could bleed no more. **MATT PRIGGE**

PROVIDED

'Supergirl' (1985)

FROM: 'SUPERMAN: THE MOVIE' (1978), 'SUPERMAN II' (1980), 'SUPERMAN III' (1983)

By 1985, the "Superman" franchise was already ear-deep in self-parody, with the noticeably downsized "Superman IV" still en route. That didn't put the brakes on a gargantuan movie for Kal-El's female counterpart (Helen Slater), which made up for the lack of even a Christopher Reeve cameo by stacking the deck with overqualified thespians such as Faye Dunaway and Peter O'Toole. It didn't work: Its box office was so dismal that the franchise rights were sold to little Canon Films.

'Beauty Shop' (2005)

FROM: 'BARBERSHOP' (2002), 'BARBERSHOP: BACK IN BUSINESS' (2004)

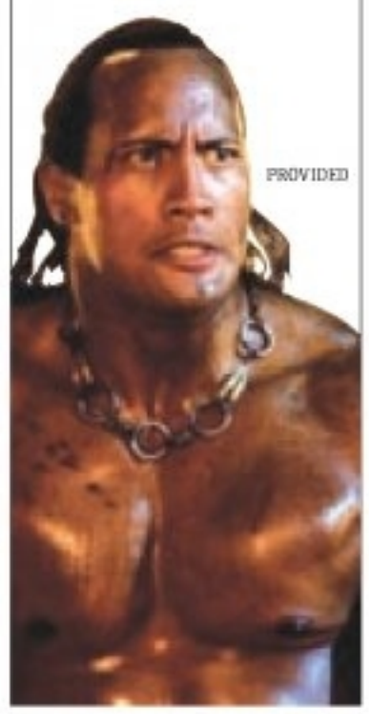
"Barbershop" was the kind of modest surprise hit that lends itself to sequels, spinoffs and TV shows. It got all three, with the sequel's Queen Latifah getting her own salon, albeit one staffed by Alicia Silverstone and Andie MacDowell.

PROVIDED

'The Scorpion King' (2002)

FROM: 'THE MUMMY RETURNS' (2001)

Given the hammy yet sometimes soulful charisma he would soon reveal, it's odd that Dwayne Johnson's blockbuster debut was a wordless (but growl-heavy) cameo in "The Mummy Returns." Alas, it was really a setup for his character's own film, which unleashed more silly Egyptian shenanigans upon theaters.



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GETTY IMAGES

'American Pie' DTV sequels (2005-2009)

FROM: 'AMERICAN PIE' (1999), 'AMERICAN PIE II' (2001), 'AMERICAN WEDDING' (2003)

"American Pie" nimbly blended raunch with heart. If it had nudged either way, it could have turned stupid or maudlin. While the theatrically released, Jason Biggs-led films turned sappier, there was a line of direct-to-video sequels — with subtitles like "The Naked Mile" and "Beta House" — that were pure filth. Aside from the recycled title (and Eugene Levy), they were otherwise indistinguishable from tasteless teen nudie pics from the '80s.

'Get Him to the Greek' (2010)

FROM: 'FORGETTING SARAH MARSHALL' (2008)

"Forgetting Sarah Marshall" was a case where the supporting guy stole the movie from the hero, but it also made a star of Russell Brand, who went on to helm this very funny spinoff vehicle.

PROVIDED

PROVIDED

'The Bourne Legacy' (2012)

FROM: 'THE BOURNE IDENTITY' (2001), 'THE BOURNE SUPREMACY' (2004), 'THE BOURNE ULTIMATUM' (2007)

"There was never just one" went the tag line for this spinoff, made only because franchise star Matt Damon was temporarily unwilling to return. In fact, what was Jeremy Renner's character's name? It's not clear if this side project will ever return, which is a shame: Renner, as ever, is good at playing a steely hero.

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*National Research Council. (2003) Elder mistreatment: Abuse, neglect and exploitation in an aging America. Washington, D.C.: The National Academies Press

TV watch list

COMEDY

'Mike and Molly'

Molly returns from her writers' workshop with big news. Maybe the news is that she's secretly a movie star and everyone wants her to be in the new "Ghostbusters" movie?
SEASON PREMIERE, 8:30 P.M., CBS

REALITY

'The Great Christmas Light Fight'

Families compete to see who can produce the best light show. One family designed a nativity with live animals! **SEASON PREMIERE, 8 P.M., ABC**

DRAMA

'Jane the Virgin'

Jane's mom Xo gets contacted about a recording contract, but doesn't realize that Rogelio is behind the whole thing. Meanwhile, Michael gets new clues that might help him solve his big case.
9 P.M., CW

DRAMA

'Castle'

The case of the week is an ER doctor who gets shot in the street, and after some investigation, Castle and Beckett learn he had mob ties. Don't work for the mob, guys. **10 P.M., ABC**

LISA WEIDENFELD

"Mike and Molly" makes a slightly belated return to your TVs. That's probably why Melissa McCarthy looks so concerned in this picture. / WARNER BROS.

Get ready to say goodbye. This is probably your last chance to see Centro-matic live. / MATT PENCE

Patience for the ride: Centro-matic's final tour

Interview. The Texas band hits the road one last time.

After 18 years, 11 full-length recordings, seven EPs and countless days on the road, Centro-matic has decided to call it a career as they prepare to embark on one final tour. There was no bad blood that led to the decision, no egotistical battles for control and none of the typical drama that tends to end bands — just the knowledge that it's time to wind down and celebrate the end of their career as they began it: On their own terms.

After their recent release, "Take Pride in Your Long Odds," Will Johnson and company agreed that it might be time for a formal farewell. "It became present on my mental landscape around springtime," says Johnson over the phone from Texas as he packs the Centro-matic van one last time.

"We encountered a handful of scheduling conflicts with regard to touring. I was also at the point writing-wise where I haven't been writing much rock music. I always said if we ever got to that point where we couldn't be a true band and give it the best we could that I didn't want it to be hobbled and limp along. We made the decision and figured out a way to do this in the most celebrated way we could. We decided to handpick all the bills, pick all the openers, play all the rooms we've loved over the years, work with the promoters that we've enjoyed working with and really take it for one last, true, fun lap instead of dissolving and going away."

The highly prolific Johnson first joined forces with Matt Pence, Scott Danbom and Mark Hedman in 1997. Quickly becoming the pride of Denton, Texas, Centro-matic would, in time, evolve from their lo-fi beginnings to a fleshed-out rock band defined by dynamics and dedication. With the suspenseful sparseness of harrowing strings and scant bass and drums, Johnson's weathered warble weaved their songs in-and-out of emotional crescendos, while their music always maintained an earnestness, even in its incremental onslaught of distortion.

"I'll always be really proud of our recordings and our live show, but I think the thing I'm most proud of is that we have maintained a care and compassion for each other over the years as we've basically become adults together," notes Johnson. "We started this thing when we were living in small little shanty-type rent houses in Denton, right out of college trying to figure out what to do with our lives and trying to figure out who we were. And we've kept this lineup intact. I'm really proud of the type of racket that we've been able to make together. We make a specific sound that I think represents our friendships and our history together."

NOLAN GAWRON
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letters@metro.us

If you go

Centro-matic

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Extreme hangover: IV edition

Alternative therapy. A hard night of partying can be erased — if you've got the stomach for it.

The IV vitamins are administered by a registered nurse at Delete. / PROVIDED

It's the time of year for drinking, but all that holiday cheer can leave you less than happy the next day. If you've got a vicious hangover, there is a cure — if you're willing to brave a needle.

Whether dehydrated from drinking too much or just recovering from the flu, the IV therapy trend is spreading throughout the Northeast, with salons providing injectable vitamin concoctions to the Sunday night party crowd.

The practice is much more common on the West Coast, says Ronen Morris, owner of Delete Tattoo Removal and Laser Salon in Boston. Delete provides nutrient infusions that are meant to last between three and six weeks for about $125 a piece.

"It's definitely a West Coast trend," says Morris. "The West Coast tends to favor some of these different types of medical practices, but it's certainly growing exponentially in popularity."

Delete initially started offering the infusions as part of its tattoo removal service, but clients kept coming back because they enjoyed the burst of energy. The salon offers a range of nutrient infusions, which can be tailored to clients' specific desires and are administered by a registered nurse. For instance, marathon runners may choose the Elite Athlete, a combination of B vitamins for a post-workout boost.

For those hoping to lose weight there is the Skinny, a cocktail of B vitamins that rev your metabolism and burn fat. But the most popular of all infusions is the Hangover Helper: a cocktail of magnesium, selenium, zinc, calcium and saline for those feeling the heat after a night of partying.

"I've taken B12 pills, but you just feel it right away," Bella Carneiro, 38, says of nutrient infusions.

As a bartender at The Brahmin and the Bell in Hand in Boston, Carneiro says she frequently gets traditional B12 injections. "It depends on what I'm going for. I always do a B complex shot because it gives me so much energy, and the infusions for hangovers."

But experts caution that if you're relying on such an extreme solution, it might be time to reconsider your lifestyle.

"If you are so debilitated after a night of partying that you actually need intravenous hydration and vitamins, you need to go to the emergency room and get proper treatment for dehydration and vitamin deficiencies that are commonly seen in alcoholism or acute alcohol toxicity," says Dr. Caroline Apovian, the director of Boston Medical Center's Nutrition & Weight Management Center.

MEGAN JOHNSON
letters@metro.us

Food. Get started living longer on the Mediterranean diet

The Mediterranean diet is now scientifically proven to help you live longer by protecting your DNA.

Telomeres are the protective cap (like the plastic at the ends of shoelaces) on chromosomes keeping them from fraying, causing the genetic code they contain to become corrupted. Longer telomeres mean longer life.

After a food survey of more than 4,600 women, a blood test showed that those who ate what most closely resembled the Mediterranean diet showed significantly longer telomeres — 1.5 years for each notch closer on a 9-point scale.

Ready to tack a few years onto your lifespan? We asked Aglaia Kremezi, author of the new cookbook "Mediterranean Vegetarian Feasts," to share a recipe with Metro readers. EVA KIS

The basics

How to eat Mediterranean

- Eat lots of vegetables, fruits, nuts, legumes (peas, beans, lentils), unrefined grains, monounsaturated fats (like olive oil) and fish.
- Drink regular but moderate amounts of alcohol, like a glass of wine with dinner.
- Avoid dairy products, meat and poultry.

Ingredients

- 2/3 cup olive oil
- 4 to 6 cloves minced garlic (to taste)
- 2 tbsp Dijon mustard
- 1 1/2 tbsp dried oregano or thyme, crumbled
- 1 1/2 teaspoons salt (or more to taste)
- 2 tsp Maras pepper or a good pinch of crushed red pepper flakes
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 2 tbsp lemon juice
- 1/2 to 1 cup orange juice, as needed
- 3 lb fingerling potatoes, halved, or any baking potatoes, peeled and cut into 1 1/2-inch cubes
- 2 orange slices
- 3 tsp fresh oregano and/or 5 sprigs of thyme

Recipe. Roasted potatoes with garlic

ABRAMS BOOKS

1 Preheat the oven to 400° F.

2 In a food processor or blender, combine the olive oil, garlic, mustard, dried oregano, salt, Maraş pepper, cumin, turmeric, lemon juice and ½ cup orange juice. Pulse to get a thick sauce.

3 Place potatoes and orange slices in a single layer in a 13-by-9 baking dish and pour the sauce over them. Toss well.

4 Cover loosely with parchment paper and bake in the lower part of the oven for 40 minutes. Take out, uncover and toss. Potatoes should be bubbly and easily pierced with a fork. Taste and adjust the seasoning. If the pan is dry, add more orange juice.

5 Bake, uncovered, for 20 minutes more or until the potatoes are cooked through, with nicely browned edges. If the potatoes are fully cooked but lack color, place the pan under the broiler for 2 to 3 minutes, until they turn golden brown. Sprinkle with fresh oregano and/or thyme. Serve with a green salad, feta, any aged cheese or grilled halloumi.

PLUS

Q&A

Vitamins and you

How do vitamins help with tattoo removal?

"All the laser is doing is breaking the ink down," says Schlesinger. "The nutrient IV helps to flush out some of the system and helps your body to clear that in a faster way."

How many infusions do I have to get?

Most people receive a series of four infusions.

How can I tell if I am vitamin deficient?

If you think you may be deficient in vitamins, be sure to visit with your physician before making any decisions. You may require specific treatment.

Taking little breaks during finals week makes things easier

Hitting 'pause.'
Students learn best after taking a short rest.

Studying nonstop is a recipe for burnout. / GEORGE DOLGIKH

It's about that time in the semester, the time that everyone dreads — finals week. In anticipation of term papers, presentations and time-consuming tests, students can be found swarming the library armed with books and pages of messy notes or holed up in their dorm rooms, unable to move away from the stack to study all the materials they have to get through. It's a time of stress, sleepless nights and too much coffee.

The key to studying well, however, involves taking some breaks from quadratic equations, writing a superb thesis and memorizing every detail about the Crusades. Here are three ways to relax in-between your cram sessions:

1 Break out the markers. You laugh, but nothing is more relaxing than coloring. Why do you think you loved it so much when you were in elementary school? So head to the bookstore and snag some markers, colored pencils or a traditional yellow box of Crayola crayons. And don't kid yourself; you're never too old to create a masterpiece — or at least color within the lines.

2 Remember to eat. Don't fool yourself into thinking that there simply isn't enough time to fuel up with some food (the stale Triscuits and Pepsi in your room don't count). Remember, your brain needs nourishment. Plus, you'll get some much-needed fresh air on the walk to the dining hall.

Take a breather

Turn to the TV

3 Go ahead — give in to your desire to watch an episode of your latest television-series addiction. Just remember not to get sucked into the vicious Netflix cycle (watch out for the dreaded auto-start on Netflix TV shows). Be sure to shut your laptop directly after your episode ends.

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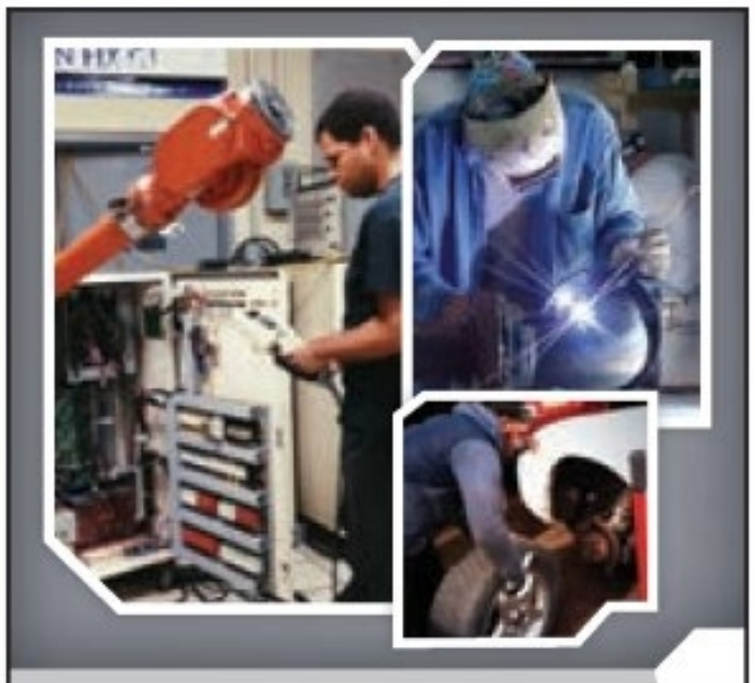
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3 Ways college applicants can use social media to stand out in a good way

Personal branding. Here's how to make the best impression possible online.

Some strategic tweeting can create a favorable impression with colleges. / FUSE

In the age of Internet, quick responses and instant gratification, social media platforms (that includes LinkedIn, not just Twitter and Instagram) are daily stops for all you high school students out there. So since you are already a frequent visitor to these communication hubs, why not use them to your benefit?

We talked to Alan Katzman, the founder of Social Assurity, a social media advisory service for schools, students and parents, to get some tips on how to perfect your personal brand:

1 Be easy to locate. Don't waste your time with aliases (you'll look back and think they were dumb anyway). "Colleges use social media to proactively identify and recruit students," Katzman says. "Students need to make their online profiles public and include enough personal data (school name, middle initial, etc.) to authenticate themselves beyond their given name."

2 Interact to impress. "Actively engage and interact with college and university communities; almost all colleges now have a prominent social media presence and encourage applicants to interact with them on sites such as Facebook, Twitter, Instagram, LinkedIn and YouTube," Katzman says. By ensuring your social media accounts are putting your best foot forward before you start applying, you're one step ahead of the game — and have an edge over your classmates.

Be strategic

Show your personality

3 Steer clear of posting a status just because you know you're going to get a lot of "likes." Instead, play it smart. "Start posting content that supports the same activities, achievements and interests they plan on highlighting on [your] college applications."

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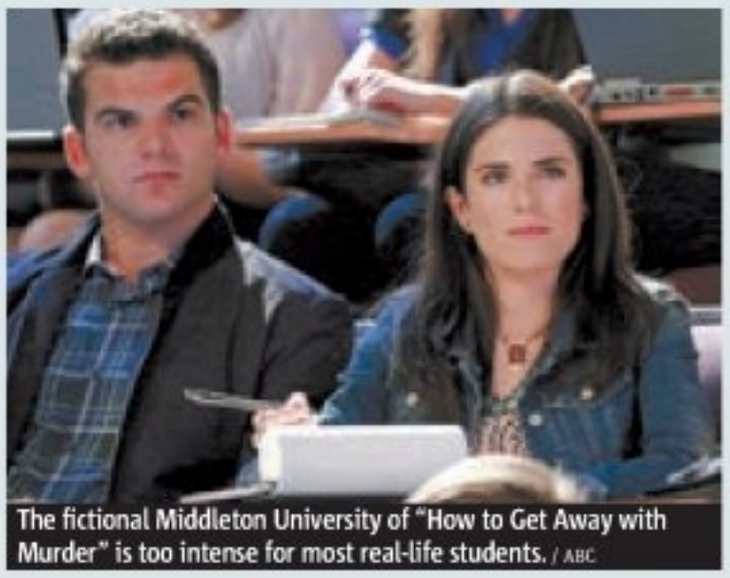
Future lawyers

Students explain what they want out of a law school



The fictional Middleton University of "How to Get Away with Murder" is too intense for most real-life students. / ABC

Viewers of shows like "How to Get Away with Murder" would be forgiven if they walked away from an episode thinking that all law schools were extremely cut-throat and ambitious to a fault.

But a new survey by Kaplan Test Prep reveals that the next generation of lawyers are looking for a more thoughtful and nurturing experience — which could lead to a culture clash between students and schools in the future.

The survey found that more than three out of four future applicants say that they want law school to have a collaborative culture where students are working with each other, not against each other.

So will law schools start paying attention to these new trends? Experts say it's in their interest to do so. "While entry into law school remains competitive, it's also clear that law schools are sometimes fighting over the best students because there are far fewer applicants now than there were a decade ago," notes Jeff Thomas, Kaplan's director of pre-law programs, in a statement.

LAKSHMI GANDHI

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Jeff Michaels / PROVIDED

Loud co-workers don't have to ruin your day

Work. Don't let the Chatty Cathys bring you down.

There are ways to block out the noise. / DIGITAL VISION

The average workday is filled with distractions — whether it's because of last-minute email requests, meetings that run over-long or having to deal with inexplicable computer problems.

But perhaps there's nothing more distracting than talkative co-workers — people who either constantly try to engage you in conversation or whose voices you can't help hearing from the next cubicle over. Instead of spending your days being frustrated, author Jeff Michaels offers an alternative.

"I've been stuck in offices where the environment can suck your soul, but it doesn't have to if you don't want it to," Michaels explains. We asked him for his suggestions on how to make working in loud, crowded offices more pleasant.

Have a friendly conversation. "The first thing I would do is literally ask them if they know they are annoying people," says Michaels, the author of the new book "Please Hug Me — I'm an Office Monkey." Michaels says it's always best to have a direct conversation before going higher up the ladder to your manager or Human Resources. "Realistically, they might not even be aware that there is a problem."

Set some boundaries. And we mean that literally. Do you work by the office water cooler or conference room? It can be annoying to have to chat with everyone who comes by. "You can get a couple of plants and literally build your own barrier," Michaels suggests. "Or maybe get a little tiny sign that says 'Silence is Golden' or something more comical."

Utilize the conference room. Do you have to be at your desk all of the time? "Now with laptops and Wi-Fi, it's more possible to literally move around," says Michaels. It's OK to disappear for a bit.

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Block it out

Invest in headphones

"I'm a big proponent of noise-canceling headphones," says Michaels. "Splurge a bit for that pair of $100 Bose headphones." There are also apps and CDs that solely consist of white noise and stress-reducing music that you can play throughout the day.

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Dr. Richard Dunlap, DC, CFMP

Mobile app. Get your résumé out there with a touch of a button

One new job app says it wants to make applying to jobs as simple as liking someone on a dating site.

Snagajob has just unveiled its new mobile app that it says will connect job seekers and local employers within minutes.

"Now is the time to search for seasonal jobs," says Kim Costa, a job coach and senior marketing analyst with Snagajob. She says that the app is a great way for potential employees to stand out from the crowd, and learned more about what's missing from the current system by surveying both sides.

"Job seekers said they wanted to show that they were more than a piece of paper," Costa explains. "Employers said the same thing."

Simplifying the process. The app takes away the hassles of paperwork by allowing users to select from a list of companies with positions available. They then have to simply include their name, contact information and availability.

Remember to follow up.

Applicants can include a short video. / PROVIDED

But the application process doesn't stop once you've filled out the form. Costa stresses that all serious applicants should follow up in person to ensure they secure a meeting. "Wait two to five days and then go in during a down period in the day," says Costa. LAKSHMI GANDHI

Horoscope

♐ Sagittarius | Nov. 22-Dec. 21. Slow down and make critical decisions based on facts. Think matters through and ferret out information.

♑ Capricorn | Dec. 22-Jan. 20. Don't jeopardize your reputation. Stay away from anyone whose ethics or morals are in question. Others will judge you by the company you keep.

♒ Aquarius | Jan. 21-Feb. 18. Look for a challenge that stimulates your senses and motivates you to do your best. Patience and hard work will be required.

♓ Pisces | Feb. 19-March 20. Ask pertinent questions, or someone will offer you a false impression. Choose a friend or relative to give you an honest assessment.

♈ Aries | March 21-April 20. Don't be a pushover. Stick to your plan and don't let anyone talk you out of doing something you have your heart set on.

♉ Taurus | April 21-May 21. An increase in professional commitments will keep you busier than usual. Undue stress will cause minor health problems. It's OK to ask for help.

♊ Gemini | May 22-June 20. Pick your battles. If you turn a minor disagreement into a major confrontation, everyone will be upset.

♋ Cancer | June 21-July 22. Try not to get too frazzled about the changes going on around you. Jumping to conclusions before all the facts are in will add to your distress.

♌ Leo | July 23-Aug. 22. If you are feeling pressured by someone, cozy up to fun, optimistic friends. Avoid sharing your disappointments with others, and keep your focus positive.

♍ Virgo | Aug. 23-Sept. 22. Your patience will be tested. Your peers may feel that they have all the answers. Get your point across without alienating the people you deal with daily.

♎ Libra | Sept. 23-Oct. 22. You'll receive mixed signals from a colleague today. If you are not sure what is expected of you, ask.

♏ Scorpio | Oct. 23-Nov. 21. Today is about making money and getting ahead. Take control of your situation. Attend business courses and go for interviews. EUGENIA LAST

Sudoku: Easy and hard

6		1	9					
4			3					
		2	5		6			1
				2		8	6	
8	4	6		3		7	2	9
	2	9		4				
9			2		3	1		
					1			8
					7	4		5

			3	1	5			
		6		9		8	1	
			6				3	9
	7	8			3		6	
	1						9	
	4		5			7	2	
8	6				9			
	9	2		3		4		
			2	7	4			

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Bad cop hurts good cop

I have two relatives who are cops, and over Thanksgiving both were telling us that the district attorneys are all scum — political hacks who don't care at all about law and order, and only care about political maneuvering. I believe them, after seeing the dirty tricks in Ferguson and Staten Island. What's scarier, is both said bad cops are making their jobs more threatening and dangerous, as more people in society turn against cops. But good cops can't speak out because of the thug, frat-boy mentality of police forces. Will no one in government do anything about this? What about media?
REMY SHAPIRO, VIA EMAIL

A good deed done

The other day I left my wallet on the commuter rail with my credit cards, license and $200 in cash, along with everything else of importance. Just when I was losing hope it would be returned, my doorbell rings while eating dinner. There stood a man holding my wallet fully intact, not a penny missing! I was shocked, to say the least. So here's to you, Matt! Thank you for reminding us all that there are still good people out there — may good karma come your way!
MICHAEL A., VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Visit us online at **Metro.us.**

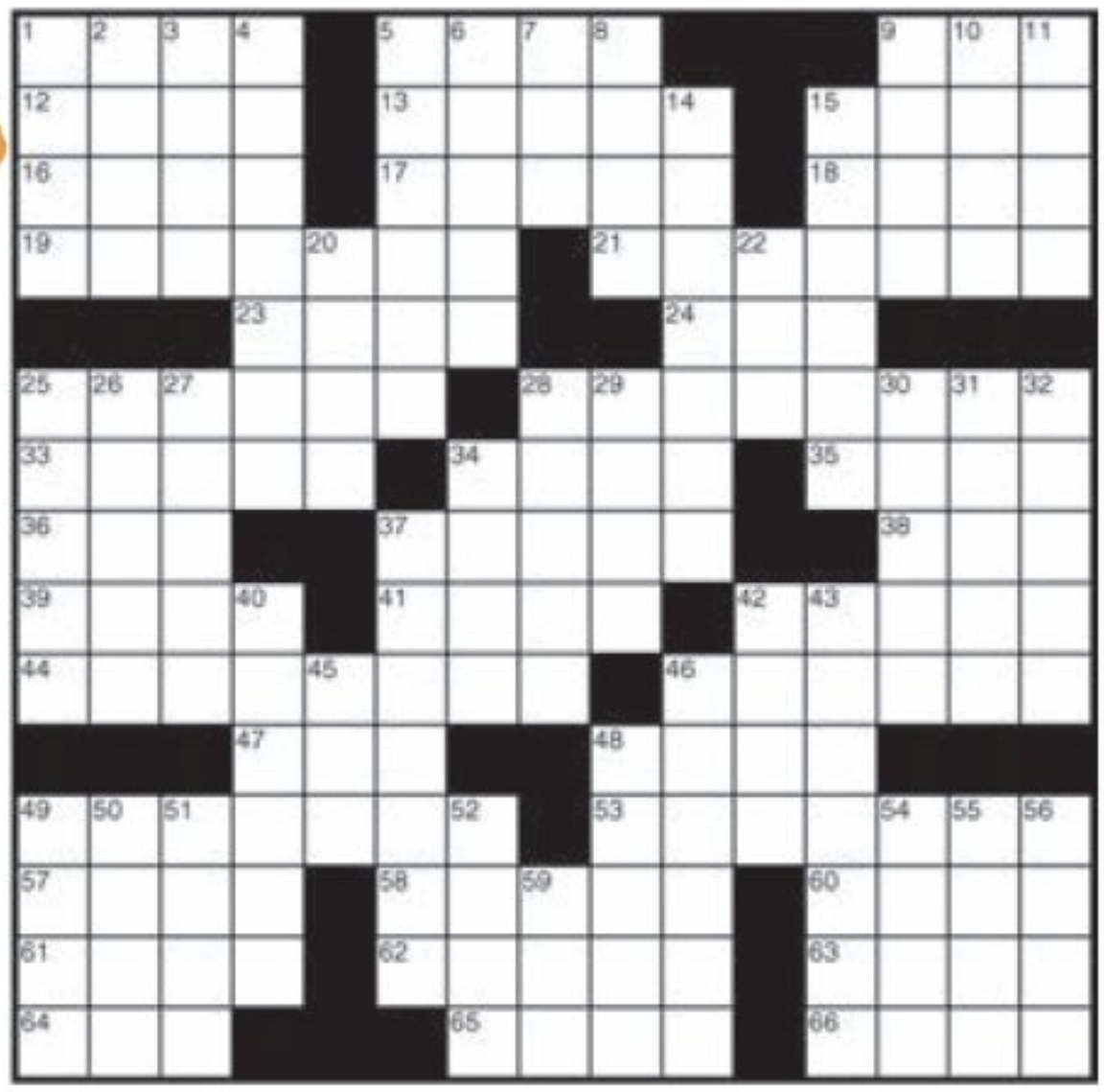
Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

Across
1 Alban Berg opera
5 Cameron – of films
9 252 calories
12 Slippery — — eel
13 Improvise (2 wds.)
15 Motor sound
16 Egg-grading org.
17 Game of chance
18 Nutmeg seed cover
19 Sheetrock
21 Spectrum colors
23 Turkish leaders
24 Leaf out
25 Sky-blue shades
28 Gave celebrity status
33 Gift recipient
34 Like lumber
35 Within reach
36 Dada founder Jean —
37 Sweater letters
38 Good buddy
39 Before (abbr.)
41 Son of Hera
42 Classifies
44 Reunited
46 Caged talkers
47 Estuary
48 Albacore
49 Fragrant firs
53 Run
57 Toward shelter
58 Famed fabulist
60 Mozart work
61 Predicament
62 Brown in butter
63 Memory jogger
64 Fan noise
65 Perchance
66 Mirage image

Down
1 Commend
2 Ex-superpower
3 Godiva's title
4 Ignorant of
5 Cowboys' city
6 Artifacts
7 Mi. above sea level
8 Tubular pasta
9 Town
10 Larry, Moe and Curly
11 WWW addresses
14 Candy
15 Contributed (2 wds.)
20 "A Death in the Family" author
22 Drab color
25 Conform
26 Don Diego de la Vega
27 Remove price controls
28 Down the road
29 "-- -- just kidding!"
30 Veld grazer
31 Dirt
32 Smelting waste
34 Wizened
37 Nassau's islands
40 Skilled
42 New Year's Eve word
43 Hot, as a bettor (3 wds.)
45 Pablo's aunt
46 Kermit, for one
48 Whistles
49 "Who loves ya, --" (Kojak)
50 "That's -- --!"
51 Horne of jazz
52 Official imprint
54 Samoan port
55 Fleetwood Mac album
56 This, to Juan
59 Seek damages

Yesterday's answer



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3 SPORTS

Staying home

Temple football misses out

Less than 24 hours after the Owls hard-fought 10-3 win over Tulane to make them bowl-eligible, Temple was given word that their 6-6 record, despite a top 25 victory, wasn't enough to earn the team a bowl bid this holiday season. The American Conference has five bowl slots, each of which Temple was eligible to be selected to. Unfortuntely the Owls have the worst record of six possible contenders in the AAC. The team also did not finish the season strongly, going 2-5 after starting the season 4-1.

Watch online

Find video and recap of Sunday afternoon's Seahawks-Eagles game at: **Metro.us/sports.**

Eagles unable to keep pace with Seahawks

NFL. The defending champs are back to shutting down offenses, stomping out the Eagles on Sunday.

Russell Wilson and the Seahawks dumped the Eagles Sunday in Philly. / GETTY IMAGES

It wasn't quite as bad as the drubbing in Green Bay, but the Eagles were certainly off their game at home Sunday afternoon as they dropped their first home game of the year to the defending Super Bowl champion Seahawks, 24-14.

When Seahawks quarterback Russell Wilson wasn't scrambling, Richard Sherman was taunting the Eagles sideline and their fans during a frustrating day at Lincoln Financial Field.

Though the game remained competitive nearly to the end, the Birds squandered too many opportunities and proved to be inept at moving their offense downfield with any potency.

Though there could be several others, here are three reasons why the Eagles dropped to 9-4 this season:

1 Where is Wilson?

The Eagles were tortured by Wilson's elusiveness in (and outside of) the pocket. Nearly every dropback saw the Eagles' potent pass rushers get hands on Wilson, who more often than not was able to evade tackles and scramble for positive yards or release a pass. In the first quarter, Wilson darted 28 yards on a scramble, untouched, for the Seahawks' first score. In all, the Seattle quarterback would compile 263 yards passing and 50 rushing. He was a thorn in the Eagles' side that eventually became their undoing.

By the numbers

1

LeSean McCoy's place on the Eagles' all-time rushing list. McCoy passed Wilbert Montgomery with a four-yard run in the third quarter.

57

The Eagles had just 57 rushing yards compared to Seattle's 252. Philly's passing attack wasn't much better as Mark Sanchez threw for only 96 yards.

2 Where has all the offense gone?

A Chip Kelly offense shouldn't struggle the way the Eagles' attack did Sunday at home. But the numbers tell the tale of a unit that can't seem to click. Outgained 440-139 by Seattle, the Seahawks had 28 first downs (to the Eagles' nine).

Adding insult to injury, LeSean McCoy's fumble to open the second half led to a Marshawn Lynch touchdown grab, putting the Birds in a 10-point hole (17-7) early in the second half. The offense had a chance to march down the field and make it close following a Malcom Jenkins fumble recovery in the fourth, but Mark Sanchez turned a scramble into an interception, giving the Seahawks the ball and the chance to burn off clock.

3 Get off the field

The Eagles defense did enough to keep the Birds in the game. That being said, they certainly could have played better. On third downs, the Seahawks converted 7-of-16 chances, and paired with the Seahawks' 190 rushing yards, the Eagles didn't have the ball very often.

The Philadelphia defense also fell victim to a bevy of costly penalties, some questionable. A key 44-yard pass interference call against Bradley Fletcher led to the Seahawks' third touchdown midway through the third quarter. Other Eagles' defenders found themselves offsides or hanging onto a jersey just when the team couldn't afford a mistake against Seattle's fluid offense.

EVAN MACY
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evan.macy@metro.us

Around the NFL

Scores from Week 14:

- **Steelers 42, Bengals 21**
Ben Roethlisberger threw for three touchdowns and 350 yards as the Steelers moved inside a half game of the Bengals in the AFC North.

- **Rams 24, Redskins 0**
The Rams posted their second-straight shutout and won back-to-back games for the first time in 2014 thanks, in part, to a 78-yard TD punt return by Tavon Austin.

- **Giants 36, Titans 7**
The Giants ended their losing streak in a big way in Tennessee, scoring 17 first-quarter points. Odell Beckham Jr. caught 11 passes for 130 yards and a score.

- **Panthers 41, Saints 10**
Cam Newton is back. Well, maybe not for the long-term, but he looked darn good against the Saints, routing New Orleans with three touchdown passes and eliminating turnovers to improve to 4-8-1.

- **Vikings 30, Jets 24 (OT)**
With the Jets desperate for a win, Minnesota's Jarius Wright caught an 87-yard touchdown strike from Teddy Bridgewater in overtime.

Martavis Bryant and the Steelers dumped the Bengals. GETTY IMAGES

- **Ravens 28, Dolphins 13**
The Ravens overcame a sluggish start and a 10-point deficit to down Miami. Two drives of 97 and 75 yards on back-to-back touchdown marches helped ignite Baltimore to 8-5.

- **Colts 25, Browns 24**
Andrew Luck tossed a one-yard touchdown pass to T.Y. Hilton with 32 seconds left Sunday to steal a victory away from the Browns.

- **Lions 34, Buccaneers 17**
The Lions doubled up Tampa Bay thanks to three touchdown passes and 311 yards by Matthew Stafford.

- **Texans 27, Jaguars 13**
Arian Foster stole the show in the Texans' seventh win of the season, running for 127 yards and a touchdown against the lowly Jaguars. **EVAN MACY**

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City 6 breakdown

Big 5 basketball had a big weekend, with a doubleheader Saturday pitting Temple vs. La Salle and Villanova vs. St. Joe's. Here's a look at how some of the city teams fared.

- **Temple 58, La Salle 57** — The Owls survived a frantic finish after blowing an early double-digit lead to improve to 5-3 this season. Quenton DeCosey was the go-to-guy for Temple, posting 19 points. La Salle dropped its fourth straight after starting 4-0.
- **10 Villanova 74, St. Joseph's 46** — Villanova truly looked like a top 10 squad against the Hawks on Saturday, moving to a perfect 8-0. A total team effort has fueled the Wildcats all season. "I wouldn't say we have one guy who's super talented carrying the team," head coach Jay Wright said. "I think we've got eight guys who could carry the team."
- **UPenn 79, Binghamton 70** — The Quakers earned their second win Saturday thanks to 18 points from Tony Hicks.

'Nova football hangs on thanks to sound defense

NCAA. A solid defensive effort and John Robertson's offensive magic help the 'Cats advance to the FCS quarterfinals.

Villanova and John Robertson live to fight another day. / GETTY IMAGES

There would've been no John Robertson Show on Saturday — at least not one that mattered — had Villanova's oft-neglected defense not continuously come up huge in the Wildcats' rousing 29-22 FCS playoff come-from-behind win over Liberty.

The junior quarterback, who passed Chris Boden to become 'Nova's all-time leader in total offense, would've done it all in vain had the guys on the other side of the ball not kept it close enough to give him a chance.

As a result the Wildcats still have life — and another home game — when they take on Sam Houston State on Saturday. The Bearkats, coached by longtime former Delaware coach K.C. Keeler, upset third-seeded Jacksonville State.

Quoted

"To hold them to field goals instead of touchdowns, hats off to our defense tonight. They were critical stops for us."

Villanova head coach Andy Talley, after Saturday's 29-22 playoff win

Against Liberty, the Wildcats defense responded over and over to help the Wildcats come back from multiple deficits.

"We always say threes, not sevens," said do-everything linebacker Don Cherry, who had five solo tackles against Liberty. "When they put the ball back on [their five yard line] we said, 'This is where we buckle down.' We feel like sometimes when the offense is down a little bit we step it up for them. I always tell John, 'I got your back no matter what happens.'"

Cherry, whose 118 tackles this season ties him for 8th in school history, says the credit should be spread around.

"Our secondary really stepped up and our defensive line played huge," said Cherry, an academic all-American with a 3.7 GPA in business. "I'm just running around trying to get to the quarterback."

Somehow it worked. The defense kept holding Liberty to field goals while Robertson and the offense kept getting into the end zone. Now 'Nova moves on.

"It's home and our special teams coach [Joe Trainor] said we never lose at home," said Cherry.

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The Sixers have gotten big contributions from several unlikely sources, like the undrafted Robert Covington. / GETTY IMAGES

76ers' Covington gives team substantial boost

NBA. Suddenly, the 76ers are hot after winning two of their last three games.

The transaction didn't exactly send shockwaves throughout the NBA world.

On Nov. 15, the 76ers signed undrafted free agent forward Robert Covington from Tennessee State. In his fourth game with the Sixers, Covington scored 14 points against the Knicks.

Over the last three games — including victories at Minnesota and Detroit — Covington has been terrific. He had 17 points in the win over the Timberwolves, highlighted by a clutch 3-pointer down the stretch. Covington followed with 21 points in a home loss to the Thunder Friday night. In a tough back-to-back situation, he poured in 25 points on 9-of-14 shooting against the Pistons Saturday night.

Maybe the Sixers have found something here.

Quoted

"I think I'm always going to have prove myself and that's OK with me because it keeps me motivated."
Robert Covington

"I just come in ready to work every day," Covington said. "I know I have to prove myself every day. There's nothing guaranteed for me. I have to earn it. I want to keep showing the Sixers what I can do. I'm confident because of the work I put in the gym every day."

Covington played in seven games for the Houston Rockets last season after he was the D-League Rookie of the Year and the Most Valuable Player of the All-Star Game with a stellar 33-point performance for the Rio Grande Valley Vipers.

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Fully furnished and newly renovated

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LEGAL NOTICES

NOTICE

Pursuant to the Land Recycling and Environmental Remediation Standards Act, the Act of May 19, 1995, P.L. #4, No. 2 (Act 2), notice is hereby given that 3509 Spring Garden, LP (Remediator) is submitting a Notice of Intent to Remediate and a Remedial Investigation Report/Cleanup Plan to the Pennsylvania Department of Environmental Protection, Southeastern Regional Office, for the property known as 3509-13 Spring Garden Street, in the City of Philadelphia, Pennsylvania (Site), for a release associated with an onsite heating oil UST. Some volatile organic compounds were detected in soil and groundwater at the site. Remediation will include pathway elimination for impacted soil, and demonstration of attainment of Residential Site-Specific Standards for groundwater. Questions and comments should be submitted to the Department of Environmental Protection, Southeast Regional Office, Land Recycling/Cleanup Division, 2 East Main Street, Norristown, Pennsylvania 19401.

If you have any questions, please do not hesitate to call us at (215) 222-3000.

Sincerely,
PENNONI ASSOCIATES INC.

Paul Martino, PG — Senior Project Geologist
William F. Schmidt, PE — Associate Vice President

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To advertise please contact 866-900-9473 or Phillyclassifieds@metro.us

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Please call or email Greg at **937-271-2154 or** panoshgreg@dudleydruleright.com.

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Saunders House

Is looking for nursing staff. We require at least 6 mo. Experience for CNA's & 1 yr. experience for RN's/LPN's.

Go to our website to apply **www.saundershouse.org**

Or stop in and fill out an application at 100 E. Lancaster Ave., Wynnewood, PA. 19096

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Paratransit Drivers - Full Time

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$13,900

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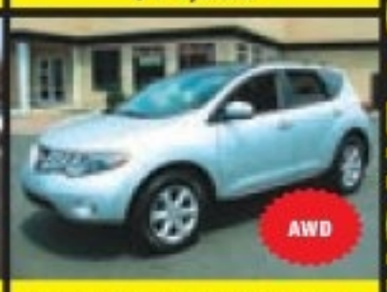

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STARTING DEC. 9, THE MORE YOU BUY,
THE MORE YOU GET!
USE IT ON TOP OF COUPONS & SALE PRICES! EVEN ON OUR BEST BRANDS—INCLUDING COSMETICS & FRAGRANCES!

USE YOUR MACY'S MONEY ONLINE OR IN-STORE
TUES, DEC. 16-THURS, DEC. 18

HERE'S HOW IT WORKS:
SHOP IN-STORE
TUES, DEC. 9-SUN, DEC. 14

SPEND†:	GET:
$50-74.99	$10
$75-99.99	$15
$100-149.99	$20
$150-199.99	$30
$200 & MORE	$40

ONE DAY SALE

WEDNESDAY, DEC. 10 SHOP 8AM-11PM (IT'S A SALE TOO BIG TO FIT IN A DAY!)
ALSO SHOP TUESDAY, DEC. 9 FROM 8AM-11PM

HOURS MAY VARY BY STORE. VISIT MACYS.COM & CLICK ON *STORES* FOR LOCAL INFORMATION.

FREE SHIPPING & FREE RETURNS AT MACYS.COM

Free Shipping with $99 purchase. Free returns by mail or in-store. U.S. only. Exclusions apply; details at macys.com/freereturns

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8AM-2PM TUESDAY & WEDNESDAY
6 HOURS ONLY! GET HERE EARLY, WHILE THEY LAST!

DOORBUSTER
19.99 DRESS SHIRTS
Reg. $45-52.50, after 2pm: 24.99-29.99. From Van Heusen; our Club Room & Alfani Red. Shown: ★ 1592793.

DOORBUSTER
50% + 25% OFF AMERICAN DESIGNER
Doorbuster 110.62-243.75. Reg. $295-$650, after 2pm: 147.50-$325. Suits & sportcoats. ★ 1629578.

DOORBUSTER
59.99 LUXURIOUS CASHMERE
Reg. $139, after 2pm: 79.99. **Only at Macy's.** Charter Club crewneck ★ 1498202 or V-neck ★ 1498201 sweaters. Misses.

DOORBUSTER
60% OFF COATS
Doorbuster $110-$184. Reg./Orig.* $275-$460, after 2pm: 137.50-$230. Wool-blend & down styles. ★ 1518451.

DOORBUSTER
24.99 CLUB ROOM
Reg. $72-$75, after 2pm: $36-37.50. **Only at Macy's.** Sweaters in merino wool/ acrylic or cotton. ★ 943793.

DOORBUSTER
12.99 PAJAMA SETS
Reg. $42-49.50, after 2pm: $21-24.75. **Only at Macy's.** From Charter Club & Jenni. Misses. ★ 1728550.

DOORBUSTER
49.99 DIAMOND RING
Reg. $200, after 2pm: $70. Victoria Townsend 1/4 ct. t.w.‡ rose-cut in sterling silver (★ 1591934) or 18k gold over sterling silver (★ 1539715).

DOORBUSTER
$199 DIAMOND EARRINGS
Reg. $800, after 2pm: $392. TruMiracle® 1/2 ct. t.w.‡ in 14k white gold. ★ 1368261.

DOORBUSTER
24.99 RAMPAGE BOOTS
Reg. $59-$69, after 2pm: 29.99. Clockwise: Jaycer (★ 1492916), Cresting (★ 1643168), Ivory (★ 1643169) & Intense (★ 1640424).

DOORBUSTER
14.99 MUFFLERS OR LOOP SCARVES
Reg. $36-$38. For her from Cejon & BCBGeneration. Shown: ★ 1039237.

DOORBUSTER
9.99 COOKWARE CHOICES
Reg. 44.99-49.99, after 2pm: 24.99. **Only at Macy's.** 4-qt. steamer pot (★ 650727), 5-qt. chili pot or nonstick fry pan set (★ 383347) from Tools of the Trade.

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29.99 6-PC. QUEEN OR KING SHEET SET
Reg. $100-$120, after 2pm: 49.99. **Only at Macy's.** 300-thread count cotton/ polyester. ★ 572155.

DOORBUSTER 25% OFF REGULAR & SALE PRICES
SELECTIONS FOR HER: SPORTSWEAR FOR MISSES, PETITES & WOMEN

DOORBUSTER 20% OFF REGULAR & SALE PRICES
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OR, EXTRA SAVINGS TUESDAY AND WEDNESDAY 8AM-2PM

SAVINGS PASS DISCOUNTS DO NOT APPLY TO DOORBUSTERS & DEALS OF THE DAY.

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ALL SALE & CLEARANCE APPAREL AND SELECT HOME ITEMS!
CANNOT BE USED ON DOORBUSTERS OR DEALS OF THE DAY
$10 OFF
YOUR PURCHASE OF $25 OR MORE.
VALID 12/9 'TIL 2PM OR 12/10/14 'TIL 2PM. LIMIT ONE PER CUSTOMER.
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Also excludes: Everyday Values (EDV), specials, super buys, furniture, mattresses, floor coverings, rugs, electrics/ electronics, cosmetics/fragrances, athletic shoes for him, her & kids, Dallas Cowboys merchandise, gift cards, jewelry trunk shows, New Era, Nike on Field, previous purchases, special orders, selected licensed depts., special purchases, services, macys.com. Cannot be combined with any savings pass/coupon, extra discount or credit offer, except opening a new Macy's account. Dollar savings are allocated as discounts off each eligible item, as shown on receipt. When you return an item, you forfeit the savings allocated to that item. This coupon has no cash value and may not be redeemed for cash, used to purchase gift cards or applied as payment or credit to your account. Purchase must be $25 or more, exclusive of tax and delivery fees.

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CANNOT BE USED ON DOORBUSTERS OR DEALS OF THE DAY
$20 OFF
YOUR PURCHASE OF $50 OR MORE.
VALID 12/9 'TIL 2PM OR 12/10/14 'TIL 2PM. LIMIT ONE PER CUSTOMER.
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Also excludes: Everyday Values (EDV), specials, super buys, furniture, mattresses, floor coverings, rugs, electrics/ electronics, cosmetics/fragrances, athletic shoes for him, her & kids, Dallas Cowboys merchandise, gift cards, jewelry trunk shows, New Era, Nike on Field, previous purchases, special orders, selected licensed depts., special purchases, services, macys.com. Cannot be combined with any savings pass/coupon, extra discount or credit offer, except opening a new Macy's account. Dollar savings are allocated as discounts off each eligible item, as shown on receipt. When you return an item, you forfeit the savings allocated to that item. This coupon has no cash value and may not be redeemed for cash, used to purchase gift cards or applied as payment or credit to your account. Purchase must be $50 or more, exclusive of tax and delivery fees.

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†HOW IT WORKS: For any single in-store transaction* of $50 or more you make from 12/9-12/14/14, we'll give you a $10 (spend $50-74.99), $15 (spend $75-99.99), $20 (spend $100-149.99), $30 (spend $150-199.99) or $40 (spend $200 or more) Macy's Money Reward Card at the register. *EXCLUDES THE FOLLOWING PURCHASES: gift cards, macys.com, Buy Online Pick up in-Store, services & fees, sales tax, macybed, furniture phone sales, lease depts, Espot, restaurants. USE YOUR MACY'S MONEY REWARD CARD from 12/16-12/18/14. MAY NOT BE: redeemed for cash, used to purchase Macy's gift cards or applied as payment or credit to your credit card account. For more information, go to macys.com/macysmoney

➤ Fine jewelry specials available only at stores that carry fine jewelry. ➤ REG. & ORIG. PRICES ARE OFFERING PRICES AND SAVINGS MAY NOT BE BASED ON ACTUAL SALES. SOME ORIG. PRICES NOT IN EFFECT DURING THE PAST 90 DAYS. ONE DAY SALE PRICES IN EFFECT 12/9 & 12/10/2014. MERCHANDISE WILL BE ON SALE AT THESE & OTHER SALE PRICES NOW THROUGH 1/3/15, EXCEPT AS NOTED. *Intermediate price reductions may have been taken. ‡All carat weights (ct. t.w.) are approximate; variance may be .05 carat. Jewelry photos may be enlarged or enhanced to show detail. Fine jewelry at select stores; log on to macys.com for locations. Almost all gemstones have been treated to enhance their beauty & require special care, log on to macys.com/gemstones or ask your sales professional. Doorbuster items are available while supplies last. Extra savings are taken off already reduced prices, "doorbuster" prices reflect extra savings. Advertised merchandise may not be carried at your local Macy's & selection may vary by store. Prices & merchandise may differ at macys.com. Electric items shown carry mfrs' warranties; **to see a mfr's warranty at no charge before purchasing, visit a store or write to:** Macy's Warranty Dept., PO Box 1026, Maryland Heights, MO 63043, attn: Consumer Warranties. N4111226.

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